







Manchester-November



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p>1</p> <p>Check-in/ Moving Towards 10:00AM</p> <p>—</p> <p>IPS Group 11:00AM</p> <p>—</p> <p>Depression and Anxiety 12:30PM</p> <p>—</p> <p>Self Care 1:30PM</p>	<p>2</p> <p>Moving Towards/Bodies in Motion 10:00AM</p> <p>—</p> <p>Mindfulness and Meditation 11:00AM</p> <p>—</p> <p>Make Your Voice Heard 12:30PM</p> <p>—</p> <p>Music Appreciation 1:30PM</p>	<p>3</p> <p>Check-in/ Moving Towards 10:00AM</p> <p>—</p> <p>Topics in WRAP 11:00AM</p> <p>—</p> <p>Coping Skills 12:30PM</p> <p>—</p> <p>Creative Arts 1:30PM</p>	<p>4</p> <p>Moving Towards/Goal Setting 10:00AM</p> <p>—</p> <p>Laughing Group 11:00AM</p> <p>—</p> <p>Healthy Living 12:30PM</p> <p>—</p> <p>TED Talks 1:30PM</p>	<p>5</p> <p>Check-in/ Moving Towards 10:00AM</p> <p>—</p> <p>Life Skills 11:00AM</p> <p>—</p> <p>Walking Group/ Physical Wellness Group 12:30PM</p> <p>—</p> <p>Member Driven Group 1:30PM</p>	<p>6</p> <p>Weekend Relief</p> <p>Open</p> <p>8:30AM-12:30PM</p>
<p>7</p> <p>CLOSED</p>	<p>8</p> <p>Check-in/ Moving Towards 10:00AM</p> <p>—</p> <p>IPS Group 11:00AM</p> <p>—</p> <p>COMMUNITY MEETING 12:30PM</p> <p>—</p> <p>Self Care 1:30PM</p>	<p>9</p> <p>Moving Towards/Bodies in Motion 10:00AM</p> <p>—</p> <p>Mindfulness and Meditation 11:00AM</p> <p>—</p> <p>Make Your Voice Heard 12:30PM</p> <p>—</p> <p>Music Appreciation 1:30PM</p>	<p>10</p> <p>Check-in/ Moving Towards 10:00AM</p> <p>—</p> <p>Topics in WRAP 11:00AM</p> <p>—</p> <p>Coping Skills 12:30PM</p> <p>—</p> <p>Creative Arts 1:30PM</p>	<p>11</p> <p>CLOSED</p> 	<p>12</p> <p>Check-in/ Moving Towards 10:00AM</p> <p>—</p> <p>Life Skills 11:00AM</p> <p>—</p> <p>Walking Group/ Physical Wellness Group 12:30PM</p> <p>—</p> <p>Member Driven Group 1:30PM</p>	<p>13</p> <p>Weekend Relief</p> <p>Open</p> <p>8:30AM-12:30PM</p>
<p>14</p> <p>CLOSED</p>	<p>15</p> <p>CLOSED</p> 	<p>16</p> <p>Moving Towards/Bodies in Motion 10:00AM</p> <p>—</p> <p>Mindfulness and Meditation 11:00AM</p> <p>—</p> <p>Make Your Voice Heard 12:30PM</p> <p>—</p> <p>Music Appreciation 1:30PM</p>	<p>17</p> <p>Check-in/ Moving Towards 10:00AM</p> <p>—</p> <p>Topics in WRAP 11:00AM</p> <p>—</p> <p>Educational Event (See Page 3) 12:30PM</p> <p>—</p> <p>Creative Arts 1:30PM</p>	<p>18</p> <p>Moving Towards/Goal Setting 10:00AM</p> <p>—</p> <p>Laughing Group 11:00AM</p> <p>—</p> <p>Healthy Living 12:30PM</p> <p>—</p> <p>TED Talks 1:30PM</p> <p>Board Meeting 6:00pm - Zoom</p>	<p>19</p> <p>Check-in/ Moving Towards 10:00AM</p> <p>—</p> <p>Life Skills 11:00AM</p> <p>—</p> <p>Walking Group/ Physical Wellness Group 12:30PM</p> <p>—</p> <p>Member Driven Group 1:30PM</p>	<p>20</p> <p>Weekend Relief</p> <p>Open</p> <p>8:30AM-12:30PM</p>
<p>21</p> <p>CLOSED</p>	<p>22</p> <p>Check-in/ Moving Towards 10:00AM</p> <p>—</p> <p>IPS Group 11:00AM</p> <p>—</p> <p>Depression and Anxiety 12:30PM</p> <p>—</p> <p>Self Care 1:30PM</p>	<p>23</p> <p>Moving Towards/Bodies in Motion 10:00AM</p> <p>—</p> <p>Mindfulness and Meditation 11:00AM</p> <p>—</p> <p>Make Your Voice Heard 12:30PM</p> <p>—</p> <p>Music Appreciation 1:30PM</p>	<p>24</p> <p>Check-in/ Moving Towards 10:00AM</p> <p>—</p> <p>Topics in WRAP 11:00AM</p> <p>—</p> <p>Coping Skills 12:30PM</p> <p>—</p> <p>Creative Arts 1:30PM</p>	<p>25</p> <p>26</p> <p>CLOSED</p> 	<p>27</p> <p>Weekend Relief</p> <p>Open</p> <p>8:30AM-12:30PM</p>	
<p>28</p> <p>CLOSED</p>	<p>29</p> <p>Check-in/ Moving Towards 10:00AM</p> <p>—</p> <p>IPS Group 11:00AM</p> <p>—</p> <p>Depression and Anxiety 12:30PM</p> <p>—</p> <p>Self Care 1:30PM</p>	<p>30</p> <p>Moving Towards/Bodies in Motion 10:00AM</p> <p>—</p> <p>Mindfulness and Meditation 11:00AM</p> <p>—</p> <p>Make Your Voice Heard 12:30PM</p> <p>—</p> <p>Music Appreciation 1:30PM</p>	<p><i>This months life skills group will be:</i></p> <p>Organization</p>	<p>This months educational presentation will be held on:</p> <p>Wednesday, November 17th @ 12:30</p> <p><i>"If You Ever Lose Hope"</i></p> <p>We will be joined by author Jennifer Helfand by Zoom, who will read us her book, speak about how the book came to be, how she healed from depression, her travels, pictures from which are the books illustration collages, and answer any questions anyone may have.</p> <p>Please join us at the Manchester or Derry Center, or by Zoom (See Page 3)</p>	 <p>BOARD MEETING</p> <p>Thursday November 18th 6:00pm Via Zoom</p> <p>Members Encouraged to Attend! Contact the Office for</p>	